



# SAVING LIVES AND FAMILIES, ONE DRIVER AT A TIME

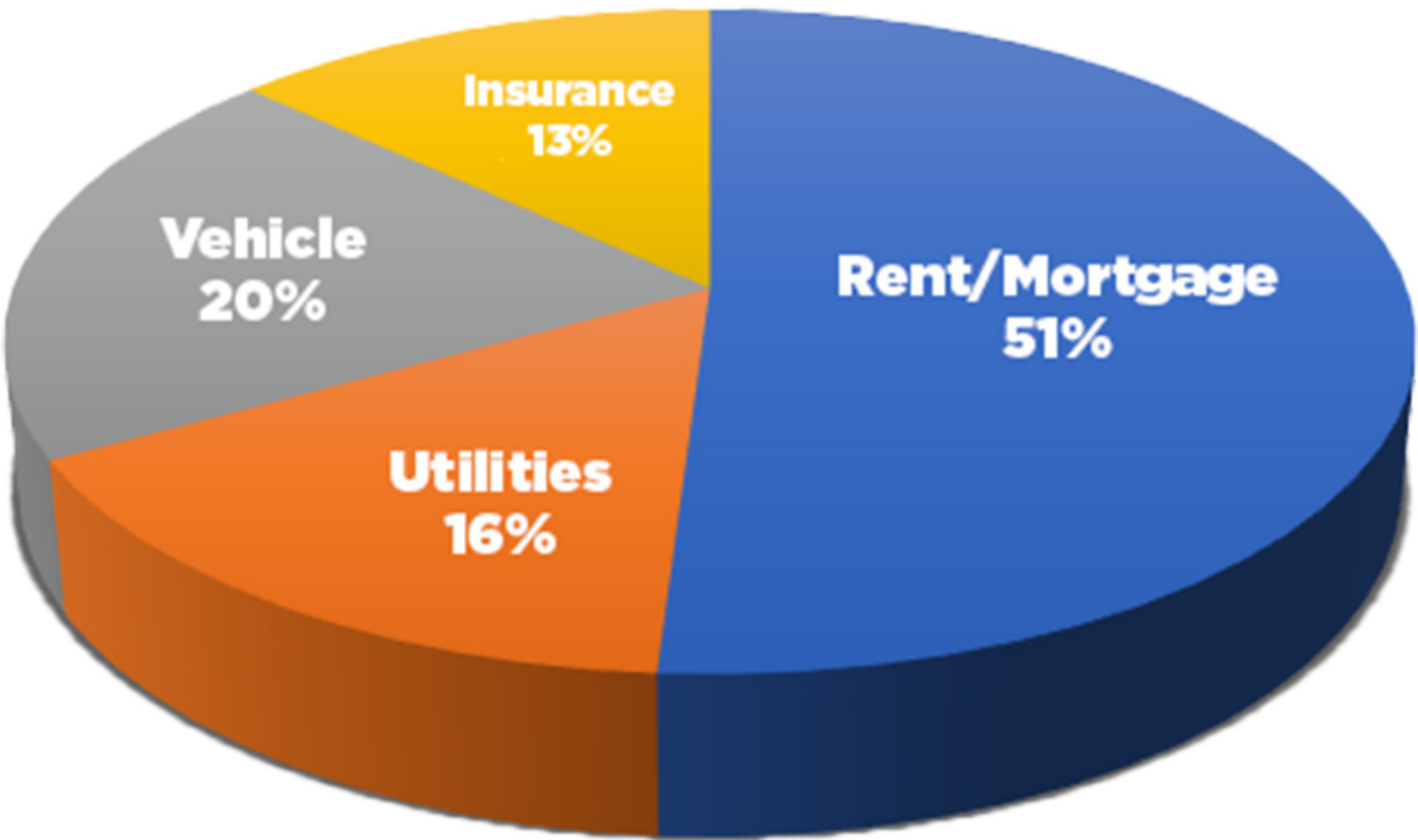
**The St. Christopher Truckers Development and Relief Fund (SCF) is a 501(c)(3), nationwide non-profit that helps over-the-road semi-truck drivers and their families when an illness or injury, occurring within the last year, has caused them to be out of work. The SCF also provides health and wellness programs for drivers in hopes of preventing illnesses.**



**\$4+**  
**MILLION**  
**GIVEN**

**3K+**  
**DRIVERS**  
**HELPED**

# HOW YOUR DONATION HELPS



**THEY'RE ESSENTIAL FOR US  
BE ESSENTIAL FOR THEM**

**TRUCKERSFUND.ORG/DONATE**



# RIGS WITHOUT CIGS

sponsored by:



Rigs without Cigs allows OTR Class A drivers to work one-on-one with an MD Anderson certified Tobacco Cessation Specialist to help kick the nicotine habit, whether from cigarettes, smokeless tobacco, or vaping.



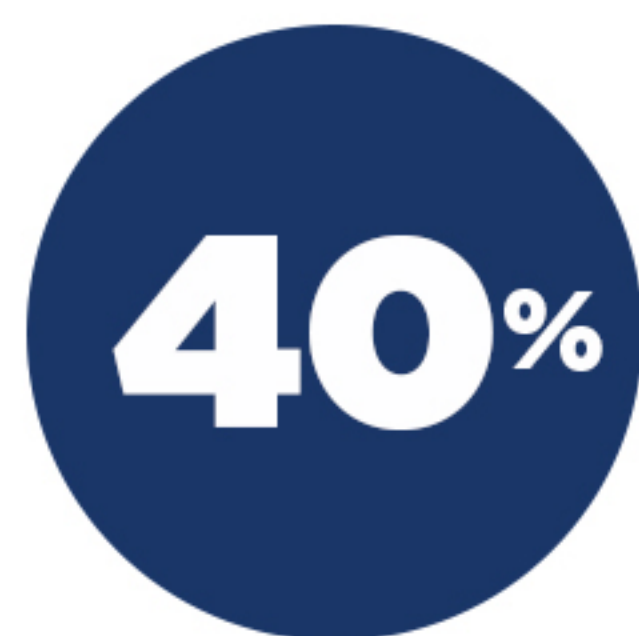
SUPPORT  
GROUP OF  
DRIVERS



HANDS-ON  
TOOLS



TOBACCO  
CESSATION  
SPECIALIST



SUCCESS  
RATE



*I really do believe that the accountability the program instilled is the key to my success.*

# DRIVING DOWN DIABETES

sponsored by:



Driving Down Diabetes is a CDC-approved diabetes prevention program led by a trained lifestyle coach. It is offered virtually so that any Class A OTR driver can join from wherever they are.



NUTRITION



FITNESS



STRESS  
MANAGEMENT



TRUCKER  
FOCUSED



*One hour a week can change your life*



*I would give it 5 stars. Wish I could give it 10!*

# DRIVEN TO BE HEALTHY

Driven to be Healthy is a 12-week, video-based, whole body health series. Each weekly video is only 15-20 minutes but offers all the right information to get you started on the road to better health. You also have access to a certified Therapeutic Nutritional Counselor for any questions or additional information.



HYDRATION



NUTRITION



FITNESS



SLEEP



STRESS

